Dear Parents,

Each week an instalment of our Lenten family devotional will be available in 3 ways:

- A booklet will be handed to children as they leave Sunday school each week,
- You can download a PDF version embedded in the Sunday "Read It, Teach It, Live It" emails or
- Find a link on the FPC website on the Children’s Resource page: firstchurchtulsa.org.

These devotions are designed to be used by the parent and child together. There is a Bible verse, a thought and a prayer given for each day.

Our prayer is that this booklet would cause/launch faith conversations to happen between parent and child. We want children to understand not only the importance of what Jesus did on the cross, but how that impacts them today and in the choices they make on life’s path.

Choose a time of day, whether it be breakfast, dinner or before bed, to sit where your eyes can meet and discuss the 40 days we celebrate as Christians....the most important 40 days in the Christian calendar.

As we take this journey together please let us know ways we can support and assist you in discipling your family.

Your Partners in the Journey,

The Children’s Ministry Team
of First Church Tulsa
History of Lent

The season of Lent leads up to the most holy of Christian days, Easter Sunday. The forty days of Lent begin Ash Wednesday and end at dusk the Saturday before Easter, not counting the Sundays in between. The Sundays during Lent, like every Sunday, are considered weekly celebrations of the resurrection. Many denominations encourage disciples to renew and strengthen their faith during Lent. Plans are made for community-wide Lenten preparation through the spiritual disciplines of prayer, Bible study, fasting, and service.

This preparation is a historical model from the early church. New believers were mentored in the Christian faith weeks before Easter, preparing for their baptisms at the Great Easter Vigil. The idea of giving something up for Lent came out of this tradition, when fasting—abstaining from food as an act of discipline in solidarity with others in the community...Fasting or giving up something for Lent can be a good way to explore a deeper expression of faith. [Fasting is not meant to be an outward sign for others or a way to seem more holy. My removing things that are important to us it helps us remember how much we should be relying on God]

Presbyterians may find it meaningful to give something up for Lent, but it is not required. Some disciples may find a more valuable spiritual exercise in taking something on during Lent—a more Christ-like attitude toward others, a humble spirit at work, or a feeling of gratitude in the midst of scarcity. Whatever spiritual disciplines and preparations are embraced during Lent, they can help us prepare for or renew our baptisms as part of the resurrection celebration at Easter.

From: www.presbyterianmission.org/ministries/curriculum/lenten-practices-101/
Week 2 of Lent
Becoming Disciples

Following Jesus' Example
Sunday

**Scripture:** “Teach me your way, O Lord, and lead me on a level path...” Psalm 27:11a

**Thought:** We learn things from a lot of different sources: books, friends, teachers, parents and TV just to name a few. Some are good influences, some are not so good. How do we learn to tell if these things are a positive or negative influence in our life? Jesus should be our ultimate source. As he teaches us his ways we can better see if our other influences line up with what Jesus teaches us through the Bible.

**Prayer:** Jesus, thank you for being my ultimate teacher! Help me to be your disciple and learn all you want to teach me. Amen.

Monday

**Scripture:** “‘Come, follow me,’ Jesus said, ‘and I will send you out to fish for people.’ At once they left their nets and followed him.” Matthew 4:19-20

**Thought:** While Jesus was on earth he picked 12 guys to be his closest friends and disciples. A disciple is a person that follows a specific leader and learns all they can from them. Jesus calls us to be his disciples too. Our lives are an exciting journey when we follow Jesus. There is always something new he wants to teach and share with us.

**Prayer:** Dear God, thank you for leading me away from temptation and showing me your best for my life. Amen.
Tuesday

**Scripture:** “If you love me, obey the commandments I have given you. I will ask the Father to send you another helper, the Spirit of truth, who will remain constantly with you.” John 14:15-16

**Thought:** Jesus’ disciples we read about in the Bible loved him dearly and did their best to follow God’s commands, but they were not perfect. And that’s ok. Jesus doesn’t expect us to be perfect. He wants us to be willing to obey and grow in our understanding of him and his commands. The best news is that he gives us the Holy Spirit to help us do this.

**Prayer:** Jesus, thank you for giving me the Holy Spirit as my guide and comforter. Help me to listen and obey your commands every day! Amen.

Wednesday

**Scripture:** “Then Jesus said to his disciples, ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow me.’” Matthew 16:24

**Thought:** The life of a disciple of Jesus is very exciting, but it is not always easy. Jesus says, if we want to truly follow him, we have to lay down our own desires and follow his path even when it looks hard, or we don’t feel like doing it. It’s not always easy but it’s always worth it.

**Prayer:** Lord, I know your ways are better than my own. Help me to choose your path even when it is hard. I know you have a good plan for me! Amen.
Thursday

Scripture: “By this everyone will know that you are my disciples, if you love one another.” John 13:35

Thought: One of the best ways people will see that we love Jesus is when we show that same love to others. When people are being nice to us this is easy, but we are called to love them all the time. We can do this as Jesus’ disciples because we’ve seen him show that kind of love to us.

Prayer: Jesus, thank you for loving me all the time. Help me to love others with that same kind of love even when it’s hard. Amen.

Friday

Scripture: “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Matthew 28:19-20

Thought: Jesus told the church this right before he returned to heaven. If they had chosen not to obey this command, it’s possible we wouldn’t know about Jesus. Jesus gives us this command too. He left us with an important task to tell others how much he loves them.

Prayer: Jesus, thank you for telling your disciples to tell others how wonderful you are so we could become your disciples too! Help us to share this wonderful news with others that don’t know you yet. Amen.
Saturday

Scripture: “The disciples came to him and asked, ‘Why do you speak to the people in parables?’” Matthew 13:10

Thought: The disciples ask Jesus lots of questions and Jesus loved it! Jesus didn’t expect them to always know the answers. He wanted them to learn and an important part of learning is asking questions when we don’t understand something. Jesus wants us to ask him questions too! He might not always answer in a voice we can hear, but he will answer. Sometimes his answers come through other people or verses we read in the Bible.

Prayer: Jesus thank you for being my ultimate teacher and helping me understand your deep truths. Help me remember you want us to ask questions and remind us to listen for your answers. Amen.

Jesus called fishermen to be his disciples & he calls us too!

See if you can find this window in the sanctuary on Sunday!

Next week we will learn more about the teaching and miracles of Jesus!
Activity Idea

Becoming like Jesus

As a family, talk about how Jesus treated people:

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Brainstorm a list of ways Jesus wants you all to treat others:

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Over the next few days when you see someone in your family acting in these ways go up and tell them, “I see Jesus in you!” Then let that person color in one set of foot prints on the following page.

You can also print the following page from the church website.
Following Jesus
every day in every way!

We don’t do nice things so we can be recognized. We love others because we have received that love from Jesus. By following His example we become more and more like Jesus! We will never become Jesus, we just want to be his faithful disciples. Always learning and growing!
The Children’s Ministry of First Presbyterian Church, Tulsa...

Where our mission is to encourage children and their families to trust and know Jesus Christ as their Lord and Savior and grow in faith; connect with others in FPC’s Christ-centered community; learn to serve Christ at home, school and the neighborhood.

Spring Festival

SATURDAY APRIL 13
First Church Courtyard

FREE Egg Hunt for Children up to 5th Grade Starts Promptly at 10:00 a.m.

709 South Boston Avenue Tulsa, OK 74119
FirstChurchTulsa.org 918.301.1009